IN THE CLAIMS

Please cancel Claims 3, 4 and 5 without prejudice.

Please amend the claims as follows:

02

1. (Amended) A mask, comprising a heat generating unit incorporated therein, wherein said heat generating unit is configured to generate heat by chemical reaction, wherein said heat generating unit comprises an exothermic composition containing a metal powder, salt, and water, which heat generating unit releases steam in conjunction with oxidation reaction of said metal powder.

10. (Amended) The mask according to claim 1, further comprising a bag containing the exothermic composition, which bag has a surface adapted to be applied to a face, and which bag comprises a moisture permeable sheet exhibiting a moisture permeability between about 1000 g/m² · 24h and about 13,000 g/m² · 24h according to JIS Z0208 method under conditions of a temperature of 40°C and relative humidity of 90%, and an air permeability of 200 seconds/100 cm³ or less according to JIS P8117 method.

11. (Amended) The mask according to any one of claims 1-2 and 6-10, wherein main mask body is provided with at least one of an inhalation valve and an exhalation valve.

Please add new Claim 15 as follows:

15. (New) A mask comprising:

a main mask body; and

heat generating means for generating steam in said main mask body by an exothermic oxidation chemical reaction.